



Facts and Statistics

A. Facts:

- SIDS is the leading cause of death for babies 1 – 12 months old.⁽¹⁾
- The peak age for SIDS is 1-4 months old with 90% of deaths occurring between 1-6 months of age.⁽¹⁾
- SIDS is more likely to occur in the winter months (October to April).⁽¹⁾
- Unaccustomed stomach sleeping will increase the risk by 18-20 times.⁽⁴⁾
- It can be difficult to distinguish between SIDS and unintentional suffocation.⁽¹⁾
- Research shows that breastfeeding is protective against SIDS.⁽¹⁾
- SIDS is not caused by immunization. In fact, if a baby is immunized there is a 50% decreased risk for SIDS.^(1,3)
- SIDS is not caused by vomiting or choking.⁽¹⁾
- SIDS is not the same thing as suffocation.⁽¹⁾
- SIDS is not contagious.⁽¹⁾
- SIDS is not the result of abuse or neglect.⁽¹⁾
- SIDS is not completely preventable but you can decrease the risk.⁽¹⁾

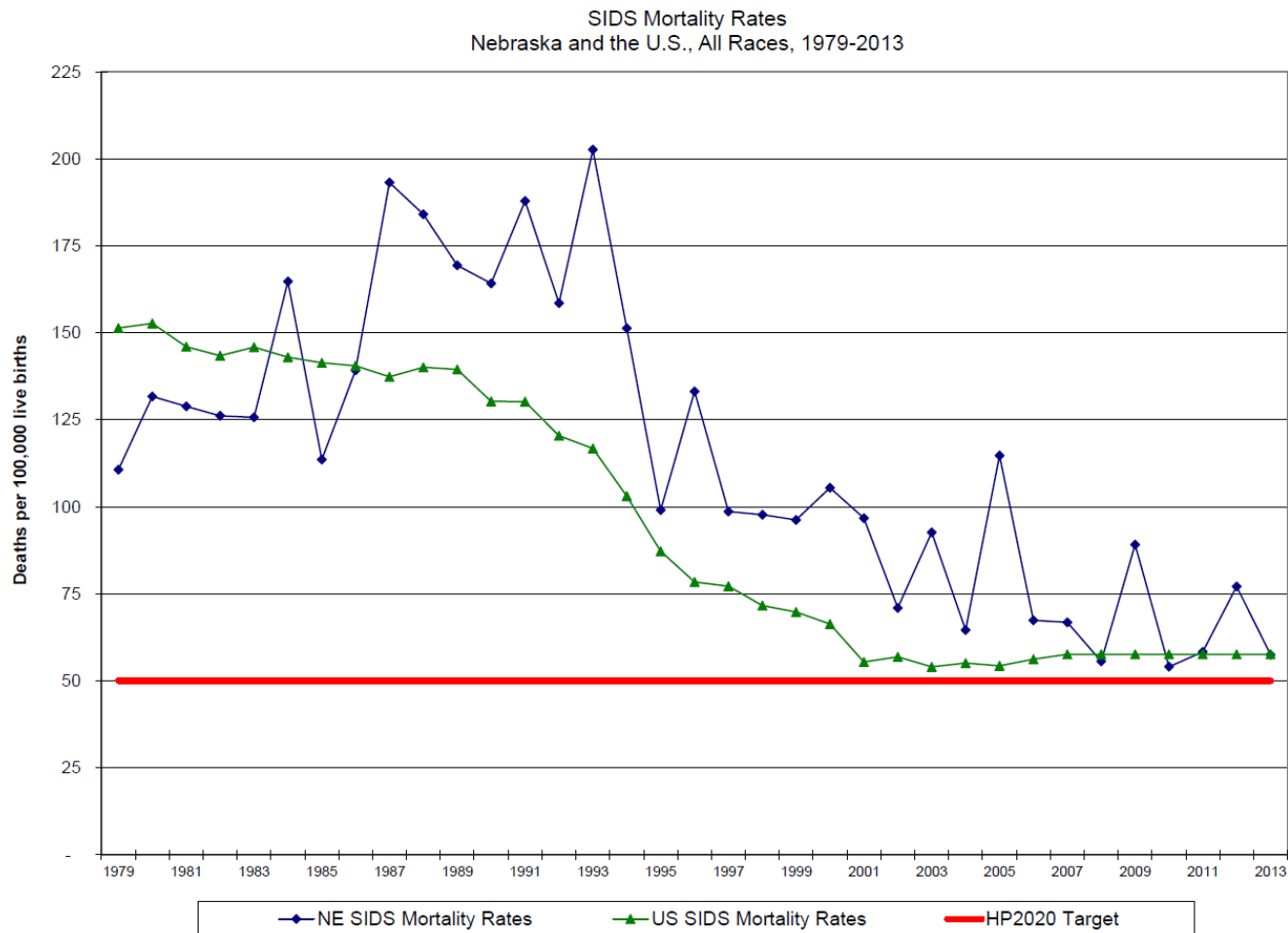
References

1. About Sudden Unexpected Infant Death and Sudden Infant Death Syndrome. Centers for Disease Control and Prevention. [Online] 07 07, 2014. [About SUID and SIDS](#)
2. Safe to Sleep. National Institute of Child Health and Human Development. [Online] 07 07, 2014. [Cited: 07 07, 2014.] [Safe to Sleep](#)
3. Sudden Infant Death Syndrome (SIDS). KidsHealth. [Online] [Cited: 07 07, 2014.] [Kids health](#)
4. SIDS Risk Factors and Causes of SIDS. SIDS America. [Online] [Cited: 07 07, 2014.] [SIDS America](#)



B. Statistics:

1. Safe Sleep Nebraska Prams Fall 2013: [Safe Sleep Fact Sheet](#)
2. SIDS Mortality Rates Nebraska and the U.S. All Races, 1979-2013:



Source: Nebraska Vital Statistics and U.S. NCHS

DHHS / Lifespan Health Services
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